



MIRACLE ON THE WAY

Weightloss ninja

BEST TIPS TO LOSE WEIGHT
WITHOUT ANY STRICT
SCHEDULE

PAVAN PATEL

How to lose weight, it's a question asked by many. It's a message as old as time. "Exercise more, eat less, and you'll lose weight." We've heard it from doctors, registered dietitians, and nutritional organizations who truly believe that calories are the only reason our weight fluctuates up and down. In all actuality, it's a bit more complicated than that.

Hey readers, my name is Pavan Patel and I am a nutrient expert and diet manager. I was an IT Professional and used to weigh 114 kilograms, but I put myself into great research to discover the best. I dropped my weight to 75 kilograms, and I am here to help you and tell you every possible ways to do it.



Whatever diet you pick for yourself, you must have realised this fact that all the successful diets urge on eating fibre-rich foods and vegetables. Vegetables are known to be rich in nutrients, antioxidants, vitamins and minerals along with being rich in fibre, which is an essential requirement for weight loss.

Now whatever diet you follow it's all good. It's not the diet neither the workout that speeds up your transformation process. But do remember there are 3 very effective pillars in your transformation i.e, jogging, cycling and rope skipping. (you can go for swimming instead of cycling). These 3 exercises no matter what should be followed regularly for an hour or more

If you follow these 3 exercises regularly and the miracle tips that I am sharing with you now, you won't actually need any strict diet to follow. Also at the end I will give you a miracle weightloss drink recipe to accelerate your transformation process.

let's begin

1. Low fat milk- cows milk is bad for you; lactose intolerance. Humans intestines aren't designed to process milk effectively...substitute for almond milk or soy milk or coconut milk
2. Natural Yoghurt- small quantities only; lactose issue and full of natural sugar
3. Eggs- completely avoid- cholesterol issues; animal based protein
4. Reduced fat cheese- avoid completely, as an animal based protein with similar properties to eggs and milk

5. Juices- avoid fruit juices as they are full of sugar; if used, need to be freshly squeezed and taken in moderation

6. Fresh Fruit- full of sugar so take in moderation

7. Fresh Vegetables- eat as much as you like complex carbohydrates are good for you and will also produce enough protein to live on

8. Wholegrain Bread- eat in moderation. Avoid any bread that isn't wholegrain

9. Fish and Seafood- three portions per week max...avoid fish with high mercury content. Fish and seafood is good for 3 servings per week max! Avoid fish that are high in mercury content- tuna, mackerel, halibut, swordfish

10. Lean meats- avoid meat as animal protein is bad for you; both white and red meat. Use protein substitutes eg chick peas, quorn, tempeh, seitans, jack fruit, egg plant. Just as much nourishment to be derived compared to animal proteins

11. Olive Oil- very healthy; 3 table spoons per day

12. Rapeseed Oil- bad for you; carcinogenic!

13. Baked beans- bad for you; full of sugar and salt; a simple carbohydrate that is starchy and bad for you. Natural Legumes (eg lentils. Pulses, garbanzo beans etc)

14. Natural Nuts (almonds, brazil nuts etc etc) are good for you

15. Tinned pulses- are fine but I would avoid tinned ones and go for bagged ones

16. Tinned tomatoes- fine. Fresh ones are better as they are a superfood and an antioxidant

17. Sweet corn - avoid tinned and go for fresh

18. Tomato Puree- fine

19. Herbs- fine

20. Dried fruit- in moderation, due to sugar content

21. Pasta and rice- maximum of 3 serving per week with no one serving greater than 40grams (wholegrain pasta and brown rice or wild rice)

22. Porridge oats- fine, providing they are natural and do not have sugar additives added

23. Legumes - are fine, apart from cranberries (full of sugar)

24. Fry nothing

25. Batter nothing

26. Only cook in olive oil; nothing else

27. No cream or butter in cooking

28. Stocks- use vegetable stocks; not meat

29. Avoid cooking in clingfilm and tin foil

The miracle drink

Ingredients: 3 fresh radish along with their leaves.

Directions:

Cut the radish and their leaves in small pieces and put them together in a grinder and grind them well.

Now, strain the juice prepared and add half tablespoon of black salt or rock salt and half a lemon juice.

● Have this drink every morning empty stomach and see the miracle results. It pushes the unwanted fat accumulated along with your body waste.

Also it is a great solution if you are suffering with constipation or facing problems while excreting the waste from your body.

Guys, I am very happy to offer you my Ebook which I have prepared and put great research into. Everything what I have learned throughout my transformation journey and the best what experts have to offer, I am presenting everything that you need to know on losing weight and changing your eating habits to increase your life expectancy. I have put efforts and covered the following topics in my Ebook:

<https://payhip.com/b/KZY9>

BE THE BEST OF YOU

weightloss revelation

it's not a diet, it's a lifestyle change!

PAVAN PATEL

- **Weightloss Diet and exercises for males and females (Age group 23- 55)**
 - **Basic diet and workout schedule for beginners.**
 - **Weightloss Diet for diabetic**
 - **Non vegetarian diet for Weightloss**
- **An every day diet plan for gym people with no supplements**
- **Diet schedule to kill every diseases in your body. High Blood pressure, Thyroid, PCOD, Hair fall, Diabetes, Joint Pain, Migraine, Cervical and many more. (Miracle diet)**
- **A simple diet recipe for healthy skin, hair growth and balanced metabolism**
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